

Wasatch County Senior Center: 435-654-4920 **Meal on Wheels (MOW)** & **Congregant Meals (CM)**

January

Please Reserve or Cancel Your Meal By 4:00 The Day Before. **CM: Lunch Served 11:30-12:15/Breakfast Served at 9:45-10:15**

Monday	Tuesday	Wednesday	Thursday	Friday
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4 MOW: CHICKEN FRIED STEAK , Potatoes & Gravy, Peas & Carrots, Peaches & Roll	5 MOW: RAVIOLI , Corn, Cottage Cheese, Pineapple & Garlic Toast CM: HOT TURKEY SANDWICH , Potatoes & Gravy & Fruit Salad	6 MOW: GROUND ROUND , Potatoes & Gravy, Peas, Jell-O W/Fruit & Roll	7 MOW: CHICKEN NUGGETS , Tator Tots, Green Beans, Pear & Roll CM: STUFFED GREEN PEPPERS , Potatoes & Gravy, Green Beans, Orange Wedge & Roll	8 MOW: FISH , Au Gratin Potatoes, Carrots, Tropical Fruit, Tartar Sauce & Roll
11 MOW: CHICKEN CUTLET , Potatoes & Gravy, Mixed Vegetables, Applesauce & Roll	12 MOW: BEEF CHOW MEIN , Egg Roll, Rice, Orange Wedge & Roll CM: SPAGHETTI W/MEAT SAUCE , Corn, Pears, Cottage Cheese & Garlic Toast	13 MOW: MACARONI & BEEF , Corn, Cottage Cheese, Pears & Roll	14 MOW: HAM WRAP , Potato Salad, Peaches & Chips CM: CHICKEN CROSSIANT , Potato Salad, Apple Slices & Chips	15 MOW: TURKEY W/DRESSING , Potatoes & Gravy, Peas, Mixed Fruit & Roll
18 	19 MOW: CHICKEN STRIPS , Potatoes & Gravy, Peas & Carrots, Peaches & Roll CM: CHICKEN CUTLET , Potatoes & Gravy, Peas, Peaches & Roll	20 MOW: BEEF STROGANOFF OVER NOODLES , Green Beans, Banana Pudding & Roll	21 MOW: PICANTE CHICKEN , Red Potatoes, Carrots, Tropical Fruit & Roll CM: ROAST PORK , Potatoes & Gravy, Carrots, Applesauce & Roll	22 MOW: SALISBURY STEAK , Potatoes & Gravy, Peas, Mixed Fruit & Roll
25 MOW: CHICKEN CORDON BLEU , Potatoes & Gravy, Peas, Pears & Roll	26 MOW: ROAST PORK , Potatoes & Gravy, Carrots, Applesauce & Roll CM: ***Breakfast 10:00*** Hashbrowns, Ham, Eggs, Muffin & Fruit	27 MOW: STUFFED CABBAGE , Red Potatoes, Corn, Peaches & Roll	28 MOW: BEEF & RICE MEDLEY , Mixed Vegetables, Orange Wedge, Cookie & Roll CM: FISH , Au Gratin Potatoes, Carrots, Tropical Fruit & Tartar Sauce	29 MOW: CRUNCH TOP HAM & POTATO CASSEROLE , Green Beans, Mixed Fruit, Cookie & Roll

SUGGESTED MEAL DONATIONS The Suggested contribution for the meal program at the Senior Center and for Meals on Wheels is \$3.00 per meal for seniors 60+ and their spouse. The mandatory cost for those younger than 60 is \$6.00. Seniors with more financial resources are encouraged to donate the full \$6.00